MASSAGENERD.COM

Presents



By
Ryan Hoyme
CMT, NCTMB, HST

INDEX

Legal Disclaimer

All models are at least 18 years of age. The techniques, ideas, and suggestions in this document are not intended as a substitute for proper medical advice! Consult your physician or health care professional before performing or receiving a massage, particularly if you are pregnant, nursing, elderly, or if you have any chronic or recurring conditions. Any application of the techniques, ideas, and suggestions in this document is at the reader's sole discretion and risk.

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REFLEXOLOGY INTRODUCTION

Left foot.
Right foot.
Feet. Feet. Feet.
Oh, how many feet you meet!
- Dr Seuss

"Reflexology is the application of specific pressures to reflex points in the hands and feet."
- William Fitzgerald

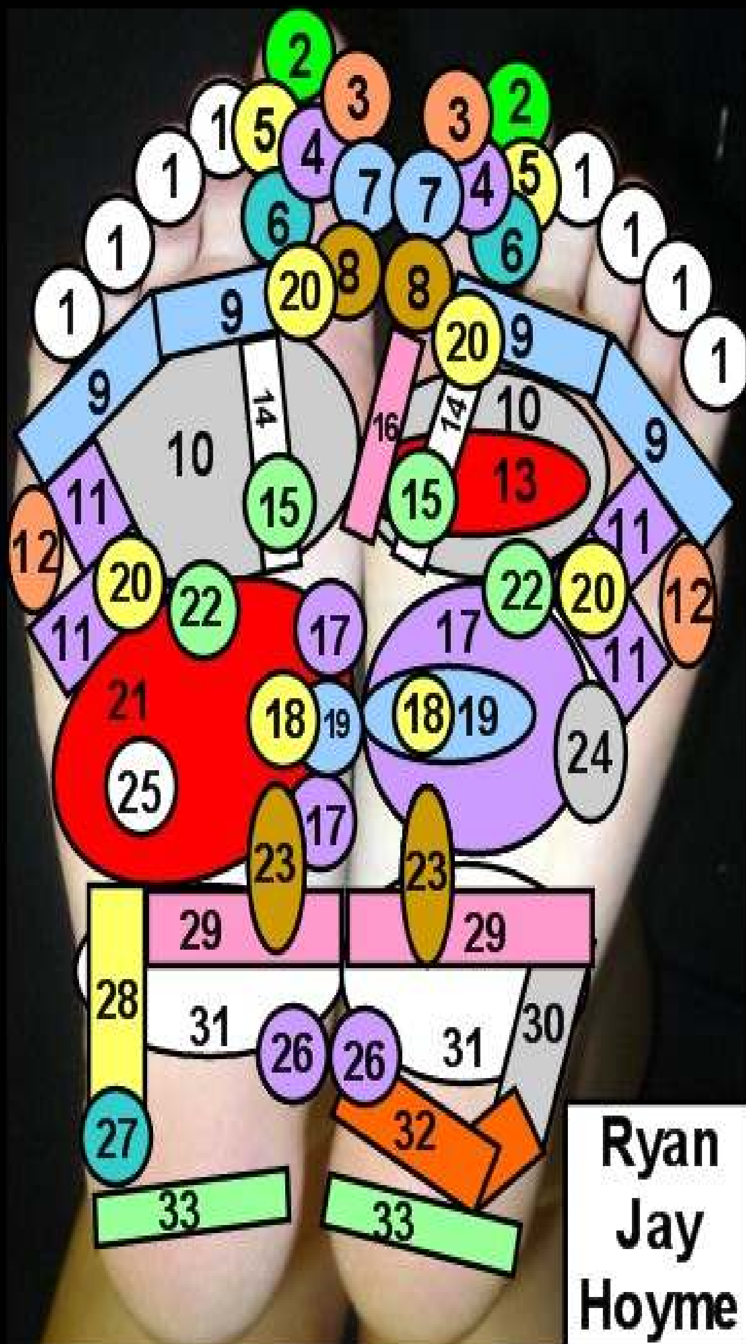
"The feet are the gateway to 10,000 different illnesses."
- Japanese Proverb

"Bad feet, bad spine, bad health."

- There are special chairs you can purchase at www.massagewarehouse.com for Reflexology.
- Some therapist's don't use any products on the client's feet; others may use baby powder, lotion or corn starch (never oil).

Reflexology Chart

1. Sinus
2. Brain
3. Pineal / Hypothalamus
4. Pituitary
5. Ear
6. Jaw
7. Nose
8. Thyroid/ Parathyroid
9. Eyes / Ears
10. Lung / Breast / Chest
11. Shoulder
12. Arm
13. Heart
14. Bronchial
15. Thymus
16. Esophagus
17. Stomach
18. Adrenal Gland

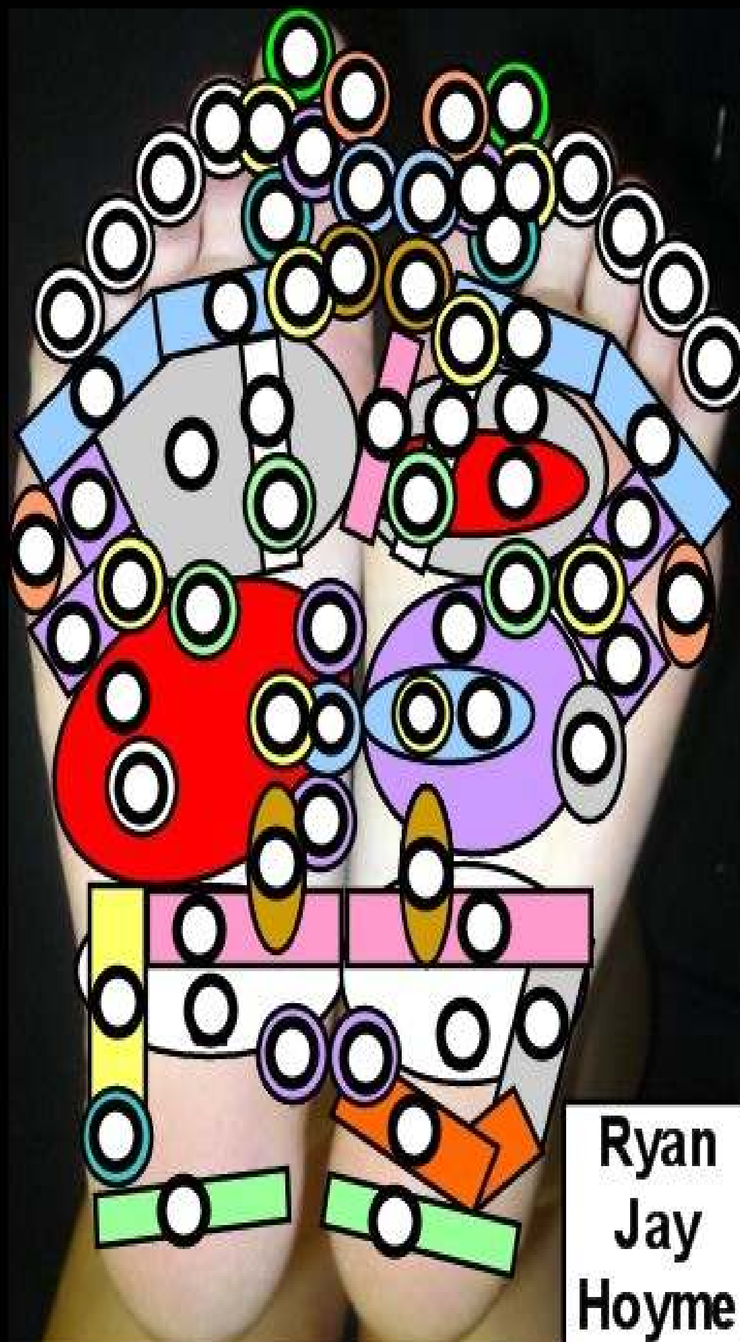


19. Pancreas
20. Lymph Drain Plug
21. Liver
22. Diaphragm / Solar Plexus
23. Kidney
24. Spleen
25. Gall Bladder
26. Bladder
27. Appendix / Ileo-Cecal Valve
28. Ascending Colon
29. Transverse Colon
30. Descending Colon
31. Small Intestine
32. Sigmoid Colon
33. Sciatic

*These are just the major points.
*Every Reflexology chart is different.

MATCH Reflexology Chart MATCH

1. Sinus
2. Brain
3. Pineal / Hypothalamus
4. Pituitary
5. Ear
6. Jaw
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9. Eyes / Ears
10. Lung / Breast / Chest
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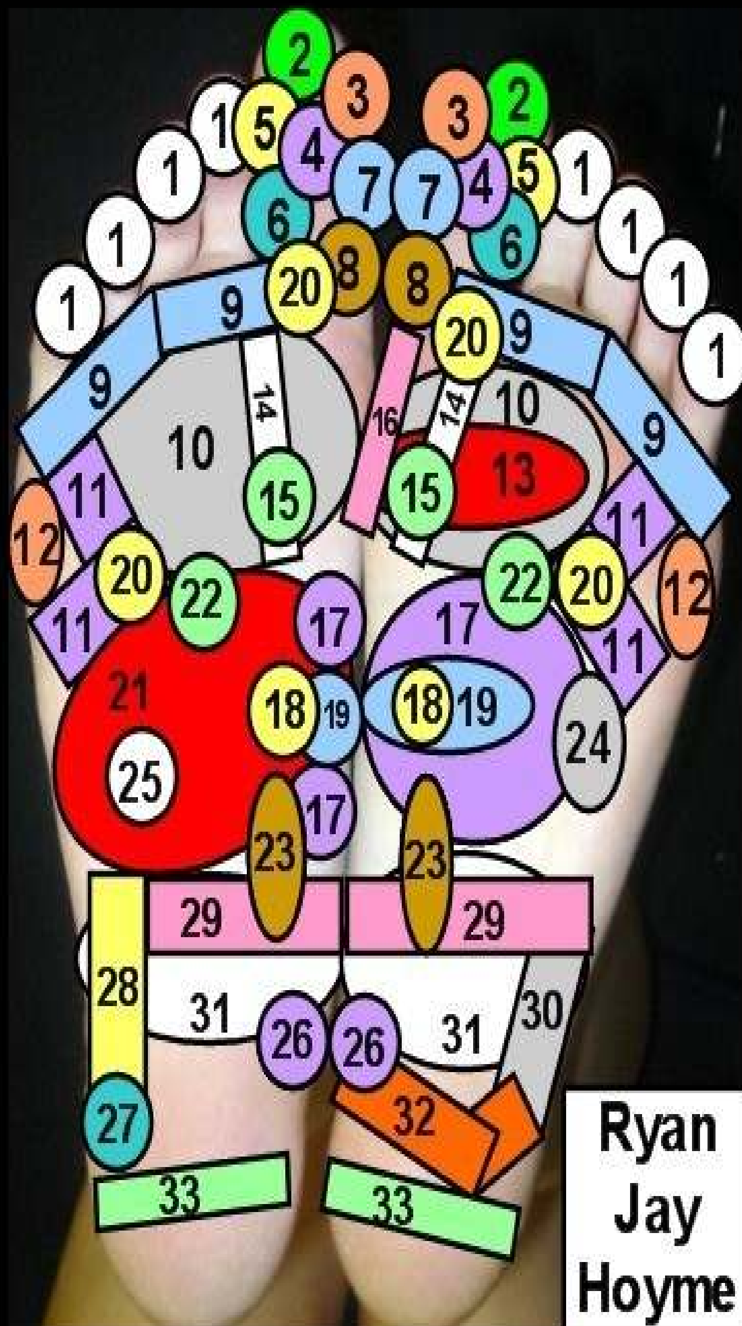
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Match Reflexology

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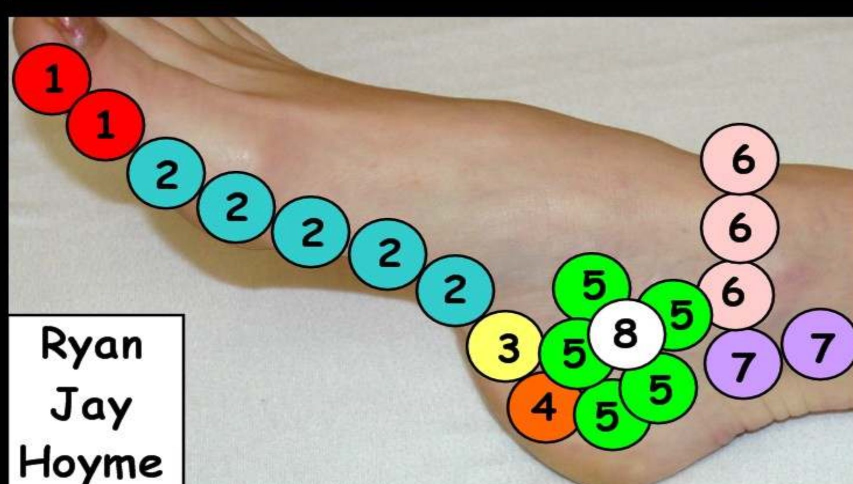
1. Arm
2. Leg
3. Hip
4. Knee
5. Pelvic
6. Ovary/Testicle
7. Sciatic
8. Lymph/Groin
9. Lymphatic
10. Shoulder
11. Breast
12. Lymph Drain Plug
13. Chest/Lung/ Upper Back
14. Back of Neck

Right & Left "Outside Foot"



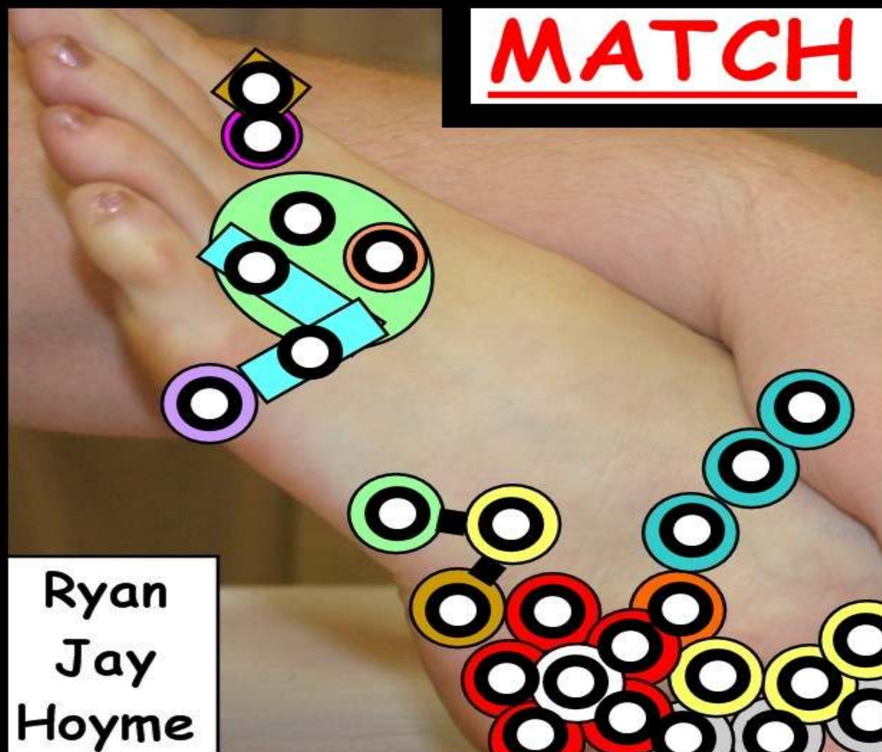
1. Cervical
2. Thoracic
3. Lumbar
4. Sacrum/Coccyx
5. Pelvic Area
6. Lymphatic
7. Inner Hip/ Tailbone
8. Uterus/Prostate

Right & Left "Inside Foot"



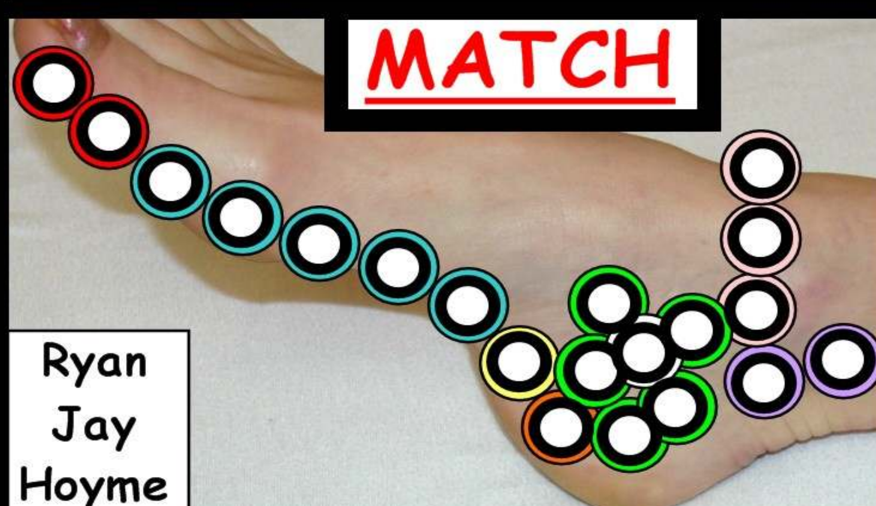
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8. Lymph/Groin
9. Lymphatic
10. Shoulder
11. Breast
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13. Chest/Lung/ Upper Back
14. Back of Neck

Right & Left "Outside Foot"



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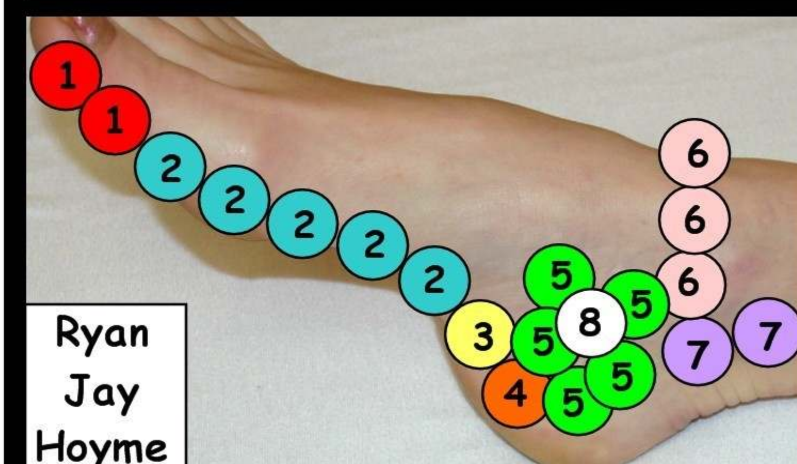
Match Reflexology "Outside Foot"

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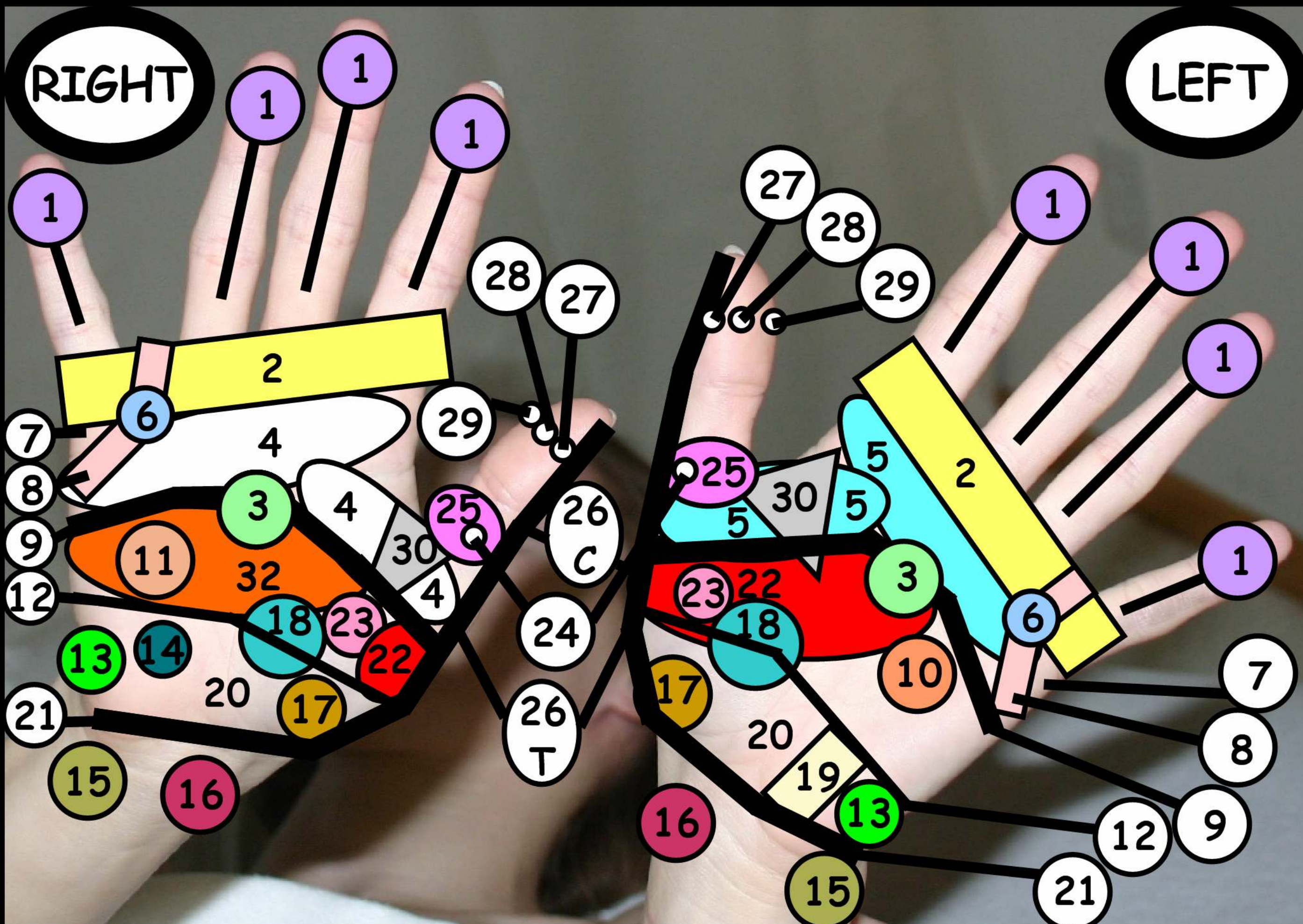
Match Reflexology "Inside Foot"

1.
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8.



Reflexology Chart

"Palms up"

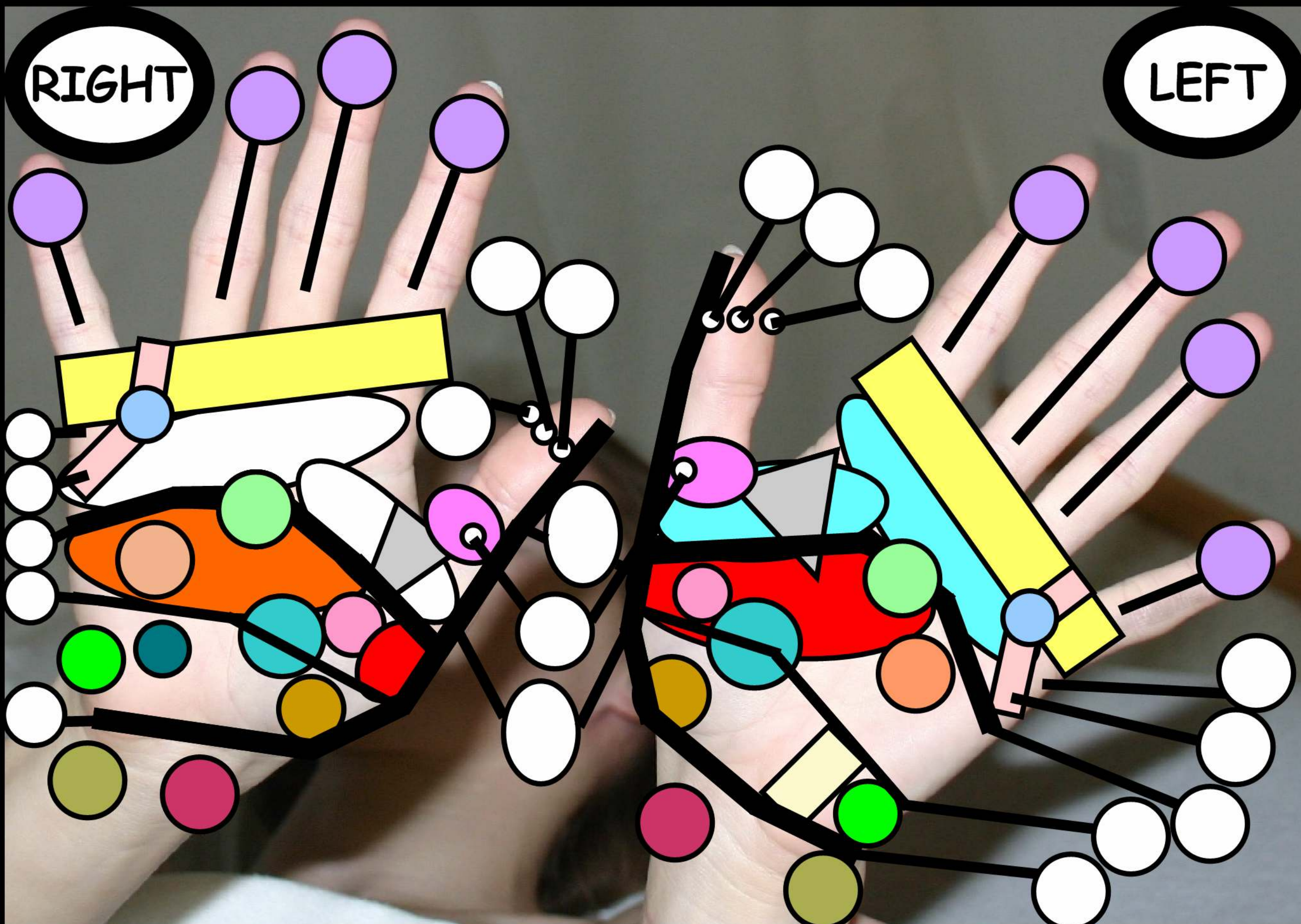


1.Sinuses **2**.Eyes& Ears **3**.Solar Plexus **4**.Chest & Lungs
5.Chest, Lungs & Heart **6**.Axillary Lymph **7**.Arm **8**.Shoulder
9.Diaphragm **10**.Spleen **11**.Gall Bladder **12**.Waist Line
13.Hip, Knee & Leg **14**.Ileo-cecal Valve **15**.Ovary & Testicles
16.Uterus & Prostate **17**.Bladder **18**.Kidney **19**.Descending Colon
20.Small Intestines & Colon **21**.Coccyx, Sacrum & Lumbar
22.Stomach & Pancreas **23**.Adrenal Gland **24**.Thyroid & Parathyroid
25.Neck & Throat **26**.Spine **27**.Pineal **28**.Hypothalamus
29.Pituitary **30**.Upper Back & Bronchial **32**.Liver

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MATCH Reflexology Chart

"Palms up"

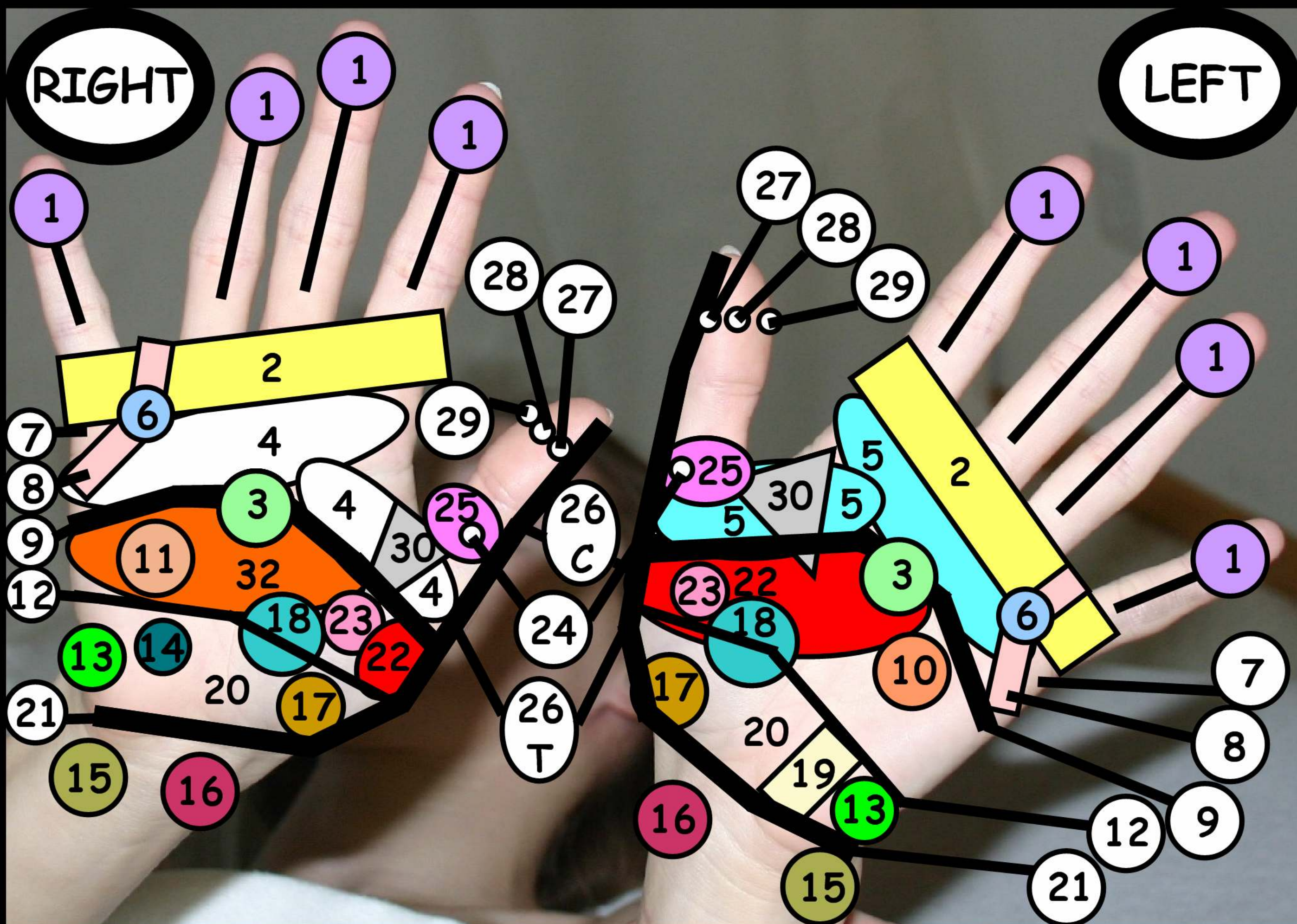


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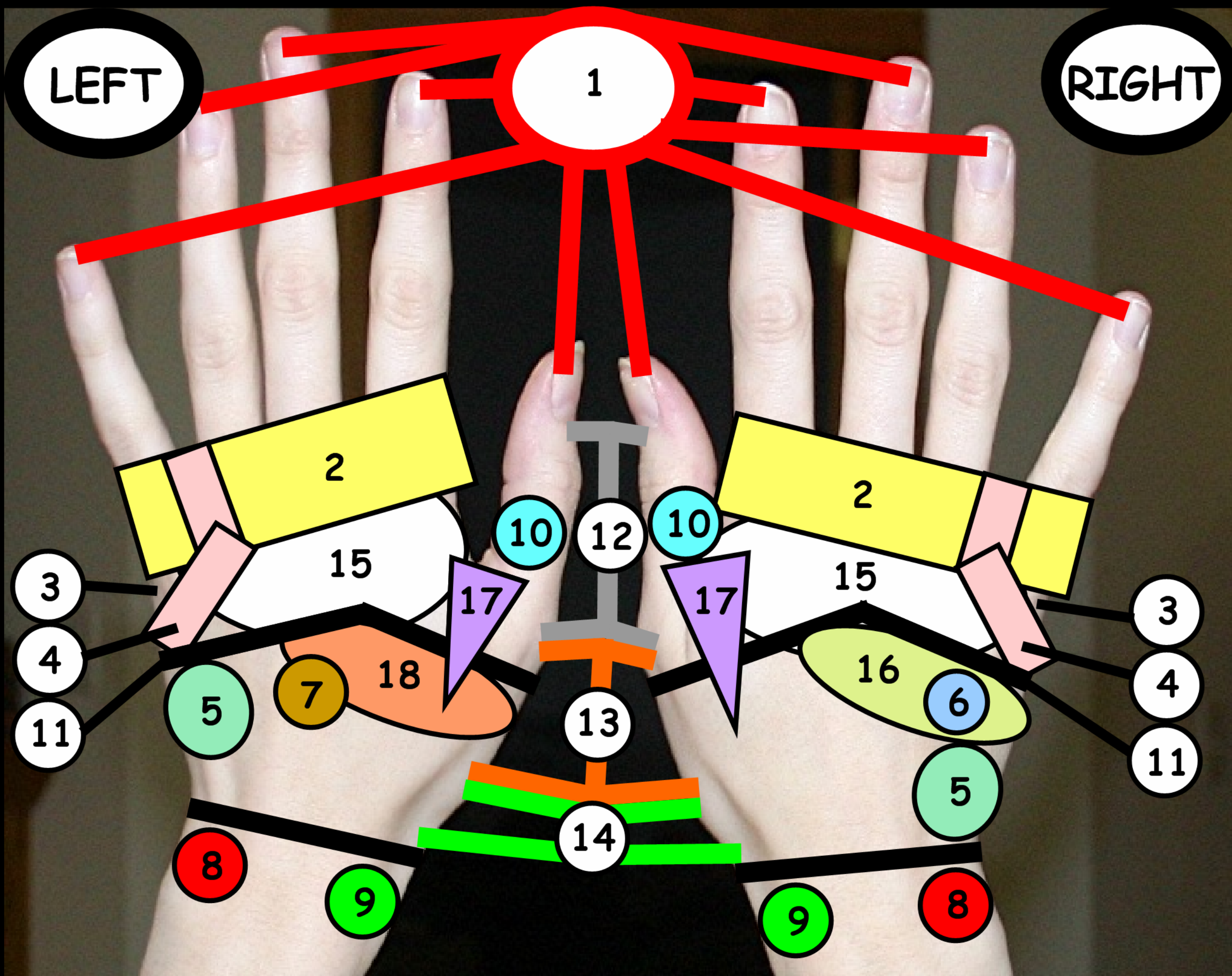


1.	2.	3.	4.
5.	6.	7.	8.
9.	10.	11.	12.
13.	14.	15.	
16.	17.	18.	19.
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22.	23.	24.	
25.	26.	27.	28.
29.	30.	32.	

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Reflexology Chart

"Palms down"

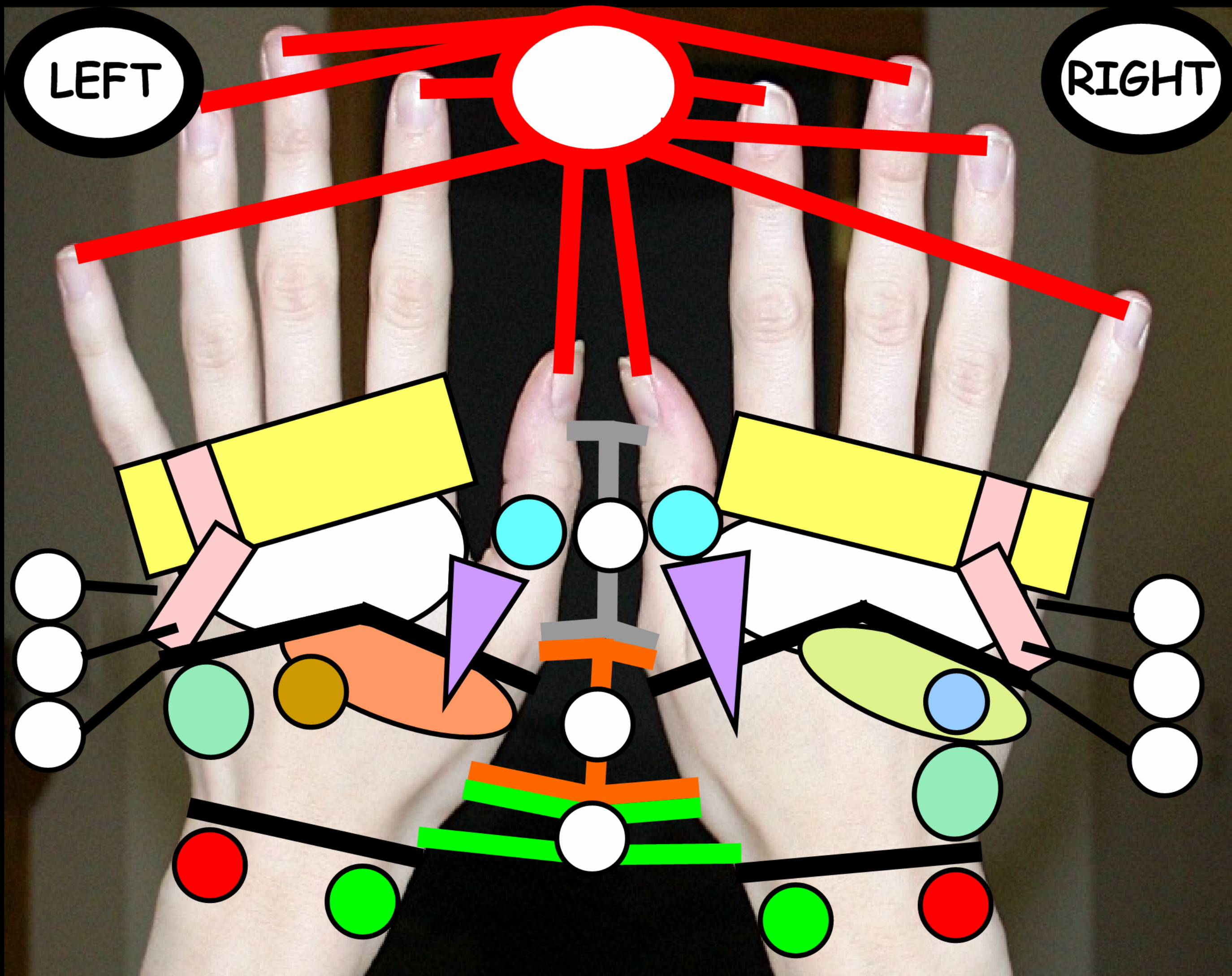


1.Brain & Top of Head **2**.Eyes & Ears **3**.Arm **4**.Shoulder
5.Hip, Knee & Leg **6**.Gall Bladder **7**.Spleen
8.Ovary & Testicle **9**.Uterus & Prostate **10**.Neck & Throat
11.Diaphragm **12**.Spine (Cervicle) **13**.Spine (Thoracic)
14.Spine (Lumbar) **15**.Chest, Lung & Upper Back **16**.Liver
17.Lymph, Bronchial & Back **18**.Stomach & Pancreas

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MATCH Reflexology Chart

"Palms down"

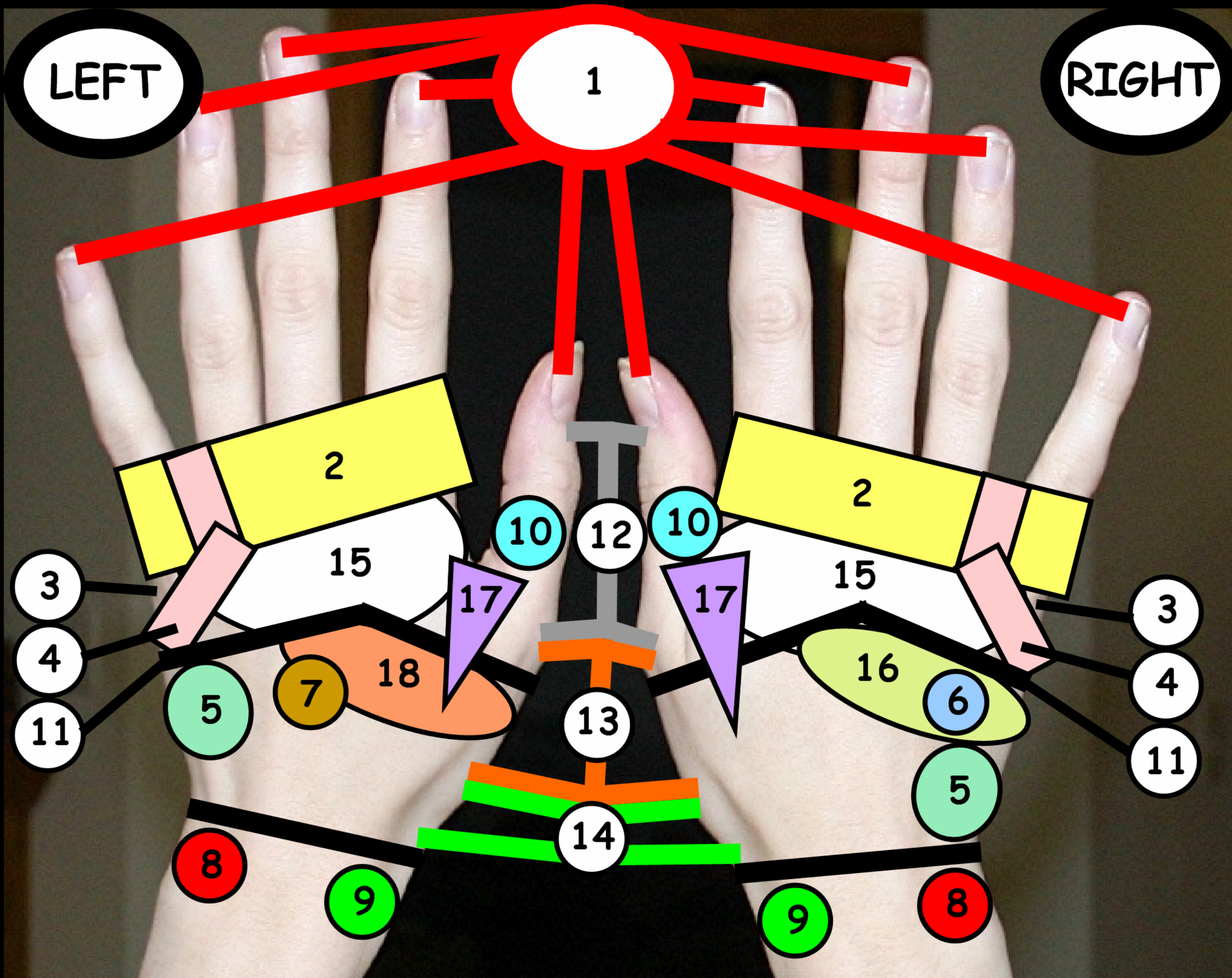


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Match Reflexology Chart

"Palms down"



1.	2.	3.	4.
5.	6.	7.	
8.	9.	10.	
11.	12.	13.	
14.	15.	16.	
17.	18.		

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Ear Reflexology

"Baby Head-Up Belief"

1. Brain
2. Eyes
3. Throat
4. Top of Neck
5. Base of Neck
6. Shoulders
7. Upper Back
8. Above Waist
9. Waist
10. Below Waist
11. Above Pelvis
12. Pelvis Area
13. Below Pelvis
14. Buttocks



***Every Chart is Different.**

Instead of using needles, you can use a toothpick or you can also use a fingernail. Treat the indicated organ points or wherever there is a tender spot; press for a minute or more each day or whenever convenient. In addition, it will be very stimulating to the whole body to massage both ears thoroughly by rubbing them between thumb and index finger simultaneously. Massage daily and pulling the ears different angles is also beneficial.

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Ear Reflexology

"Baby Head-Down Belief"

1. Brain
2. Eyes
3. Throat
4. Top of Neck
5. Base of Neck
6. Shoulders
7. Upper Back
8. Above Waist
9. Waist
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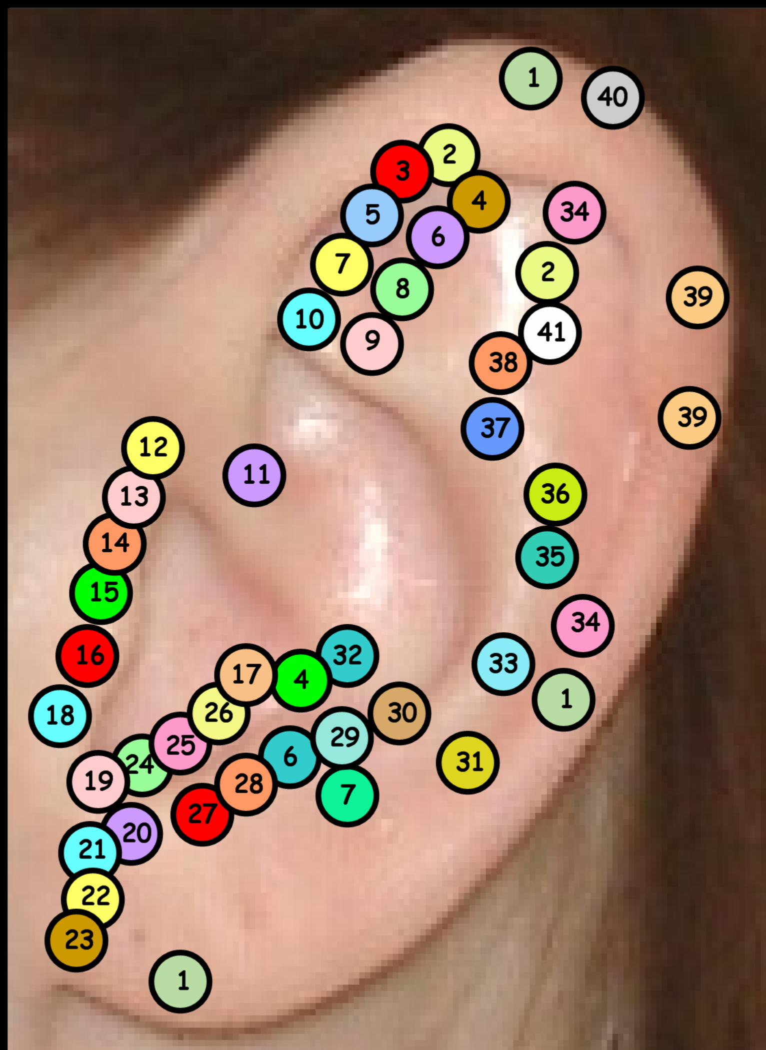
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Auricular Therapy

1. Tonsil
2. Low Blood Pressure
3. Depression
4. Hepatitis
5. Uterus
6. Antihistamine
7. Asthma
8. Constipation
9. Sciatica
10. Sympathetic
11. Diaphragm
12. Heart
13. Thirst
14. Larynx / Pharynx
15. Hunger
16. Adrenal Gland
17. Excitement Point
18. High Blood Pressure
19. Hormonal Secretion (Endocrine)
20. Rising Blood Pressure
21. Tooth Analgesia (Upper Teeth)
22. Tooth Analgesia (Lower Teeth)
23. Nervousness
24. Ovary Secretion

*Every chart is a little different

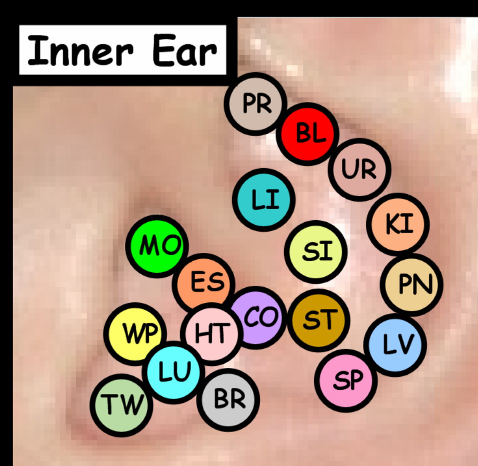


25. Subcortex
26. Hypothalamus
27. Yang Point
28. Testicular Secretion
29. Parotid
30. Pituitary
31. Thyroid Gland
32. Muscle Relaxation
33. Mammary Gland
34. Appendix
35. Lumbago Point
36. Heat Point
37. Low Back Pain
38. Pelvic Cavity
39. Liver
40. Allergy
41. Shen Men

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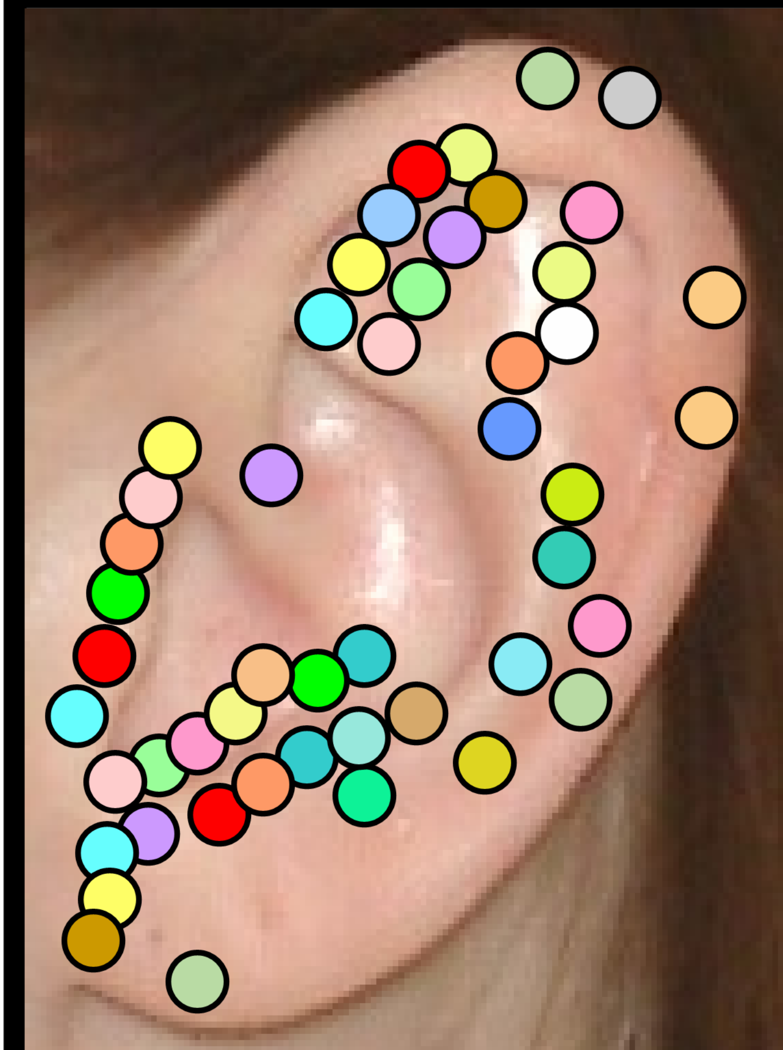
MO=Mouth
CO=Cardiac Orifice
ST=Stomach
SI=Small Intestine
LI=Large Intestine
BL=Bladder
LV=Liver
HT=Heart
TW=Tripple Warmer
PN=Pancrease, Gall Bladder
ES=Esophagus
BR=Brain
KI=Kidney
SP=Spleen
PR=Prostate
UR=Ureter
LU=Lungs
WP=Windpipe

Inner Ear



MATCH Auricular Therapy

1. Tonsil
2. Low Blood Pressure
3. Depression
4. Hepatitis
5. Uterus
6. Antihistamine
7. Asthma
8. Constipation
9. Sciatica
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11. Diaphragm
12. Heart
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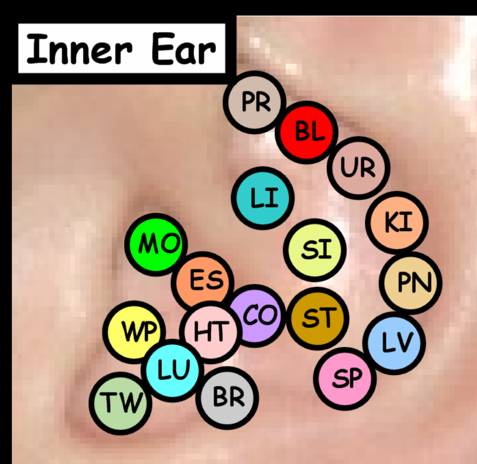


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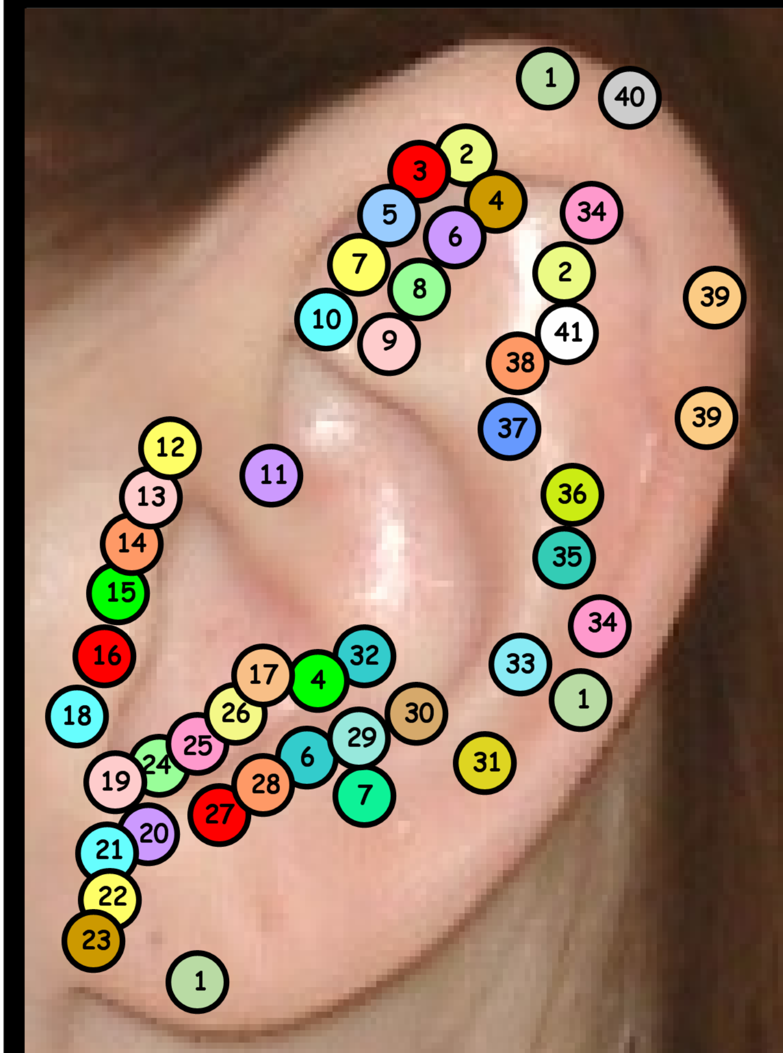
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Inner Ear

Match Auricular Therapy

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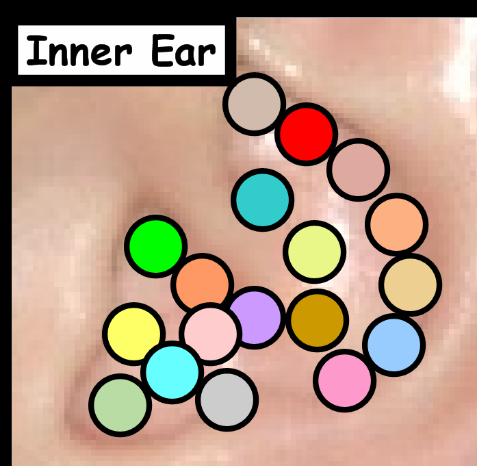


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UR=Ureter
LU=Lungs
WP=Windpipe

Inner Ear



*Every chart is a little different

Auricular Therapy

"Emotional Chart"

1. Father
2. Mother
3. Sympathy & Guilt
4. Self-Pity
5. Depression
6. Overwhelmed
7. Bearing the Burden
8. Anger & Hate
9. Rejection
10. Self-Expression
11. Fear
12. Vision
13. Heart
14. Open



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*Instead of using needles, you can use a toothpick or you can also use a fingernail. Treat the indicated organ points or wherever there is a tender spot; press for a minute or more each day or whenever convenient. In addition, it will be very stimulating to the whole body to massage both ears thoroughly by rubbing them between thumb and index finger simultaneously. Massage daily, and pulling the ears different angles is also beneficial.

Match Auricular Therapy

"Emotional Chart"

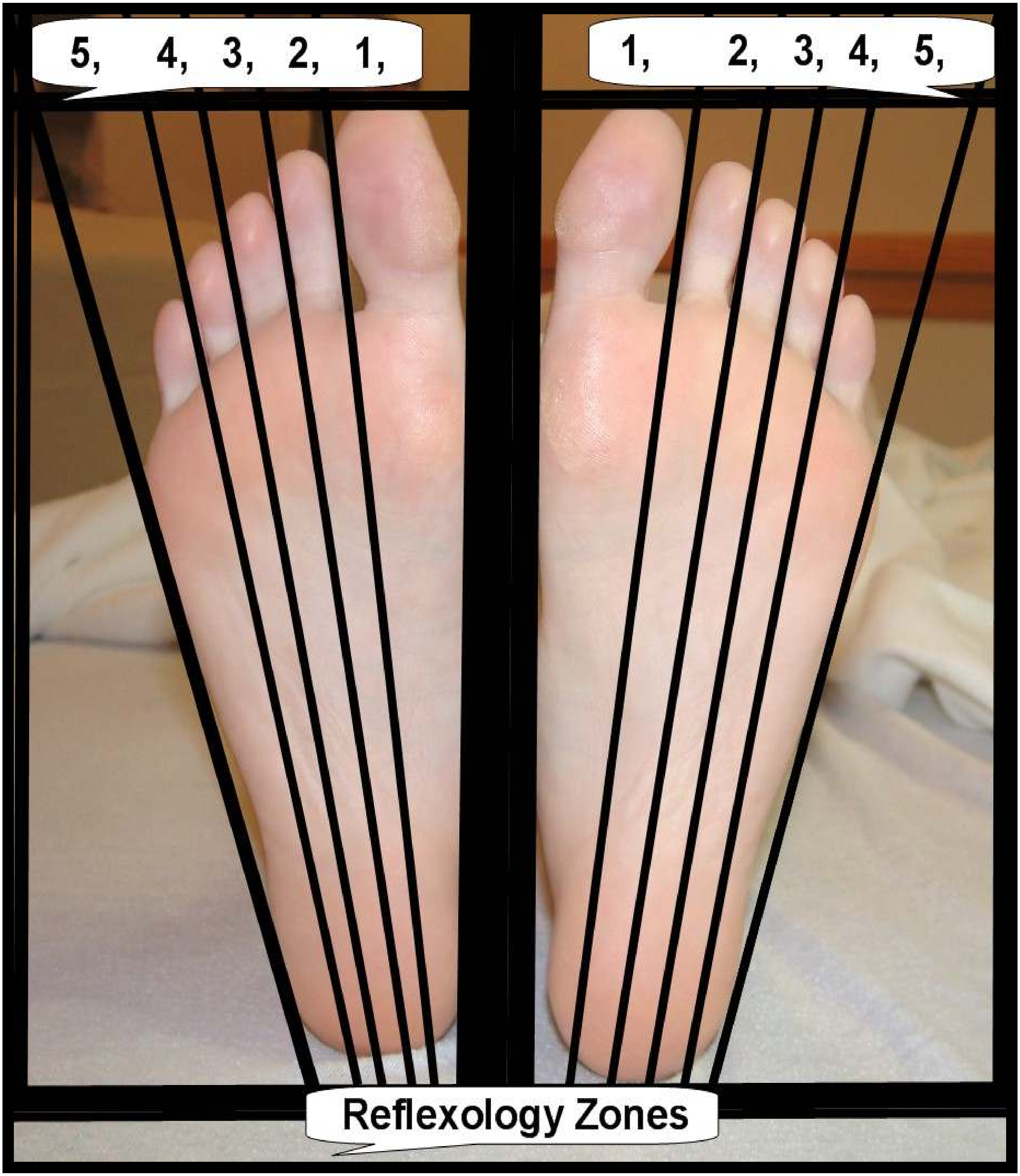
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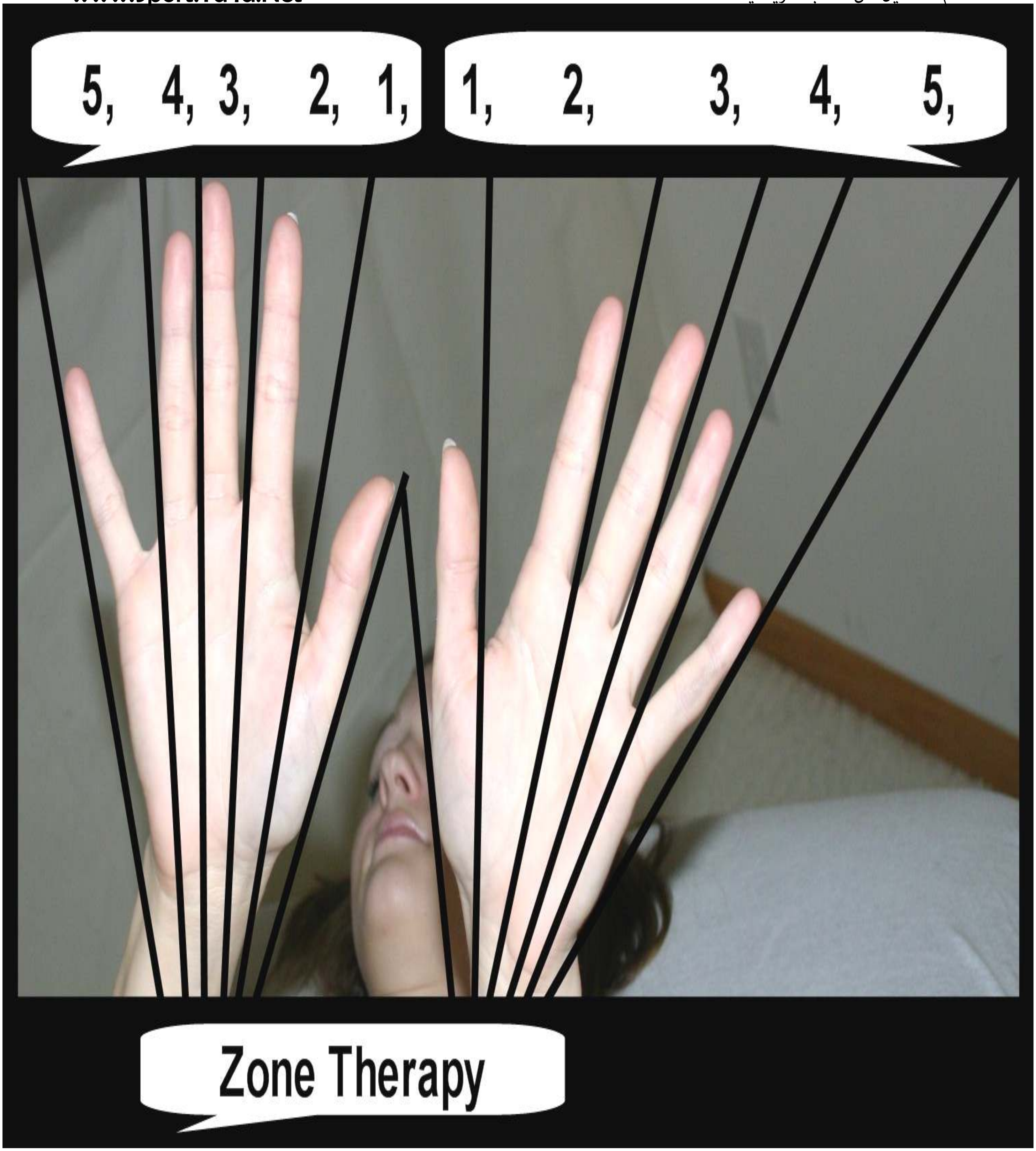
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THE ZONES



BOTTOM OF FEET



PALM SIDE OF HANDS

1. 

2. 

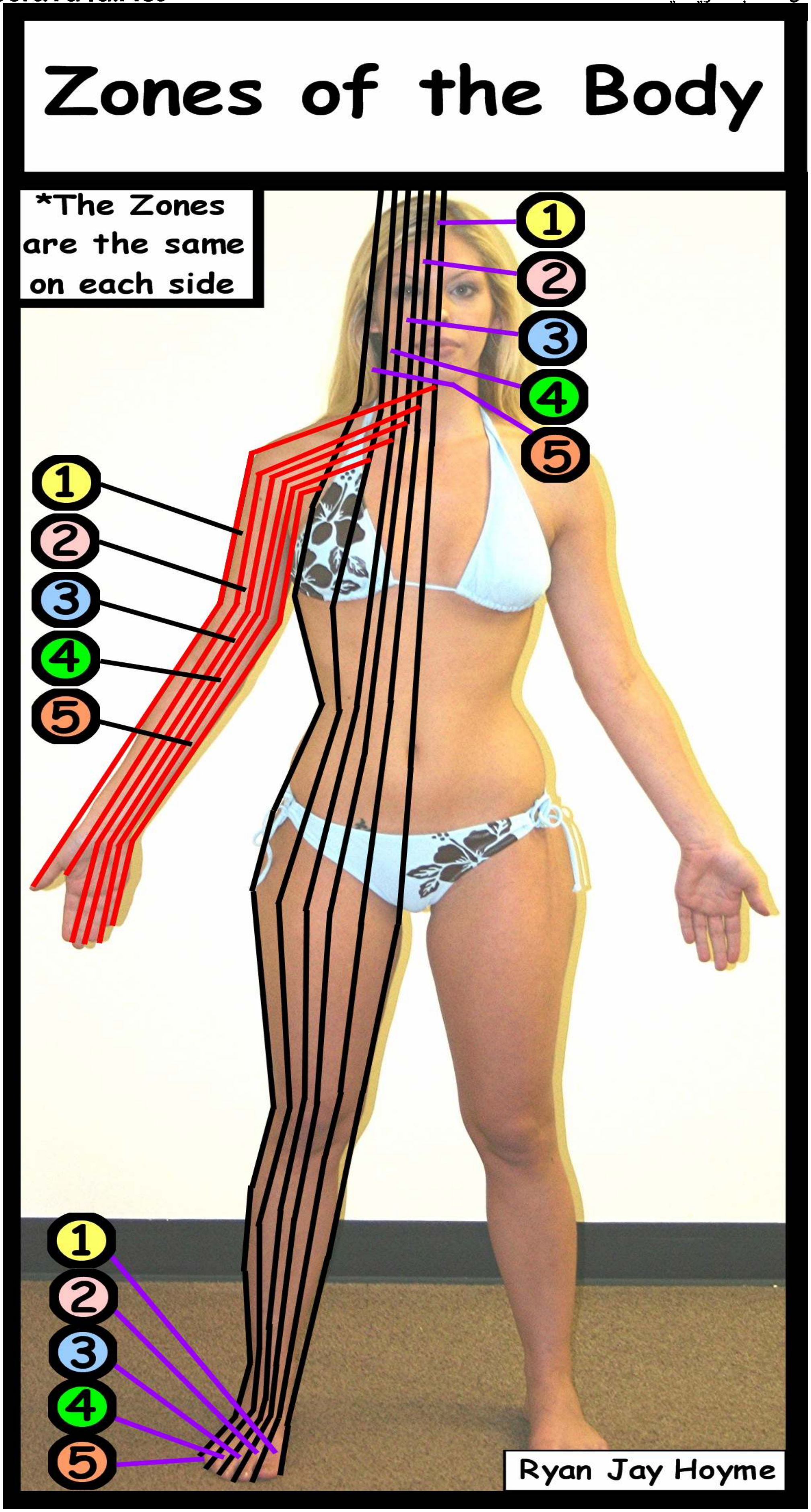
3. 

FOR THE FEET

1. Relates to the toes & distal part of your foot.
2. Relates to the middle part of your foot.
3. Relates to the heel & proximal part of your foot.

FOR THE HANDS

1. Relates to the fingers & distal part of your hands.
2. Relates to the middle part of your hand.
3. Relates to the heel of your palm & proximal part of your hands.

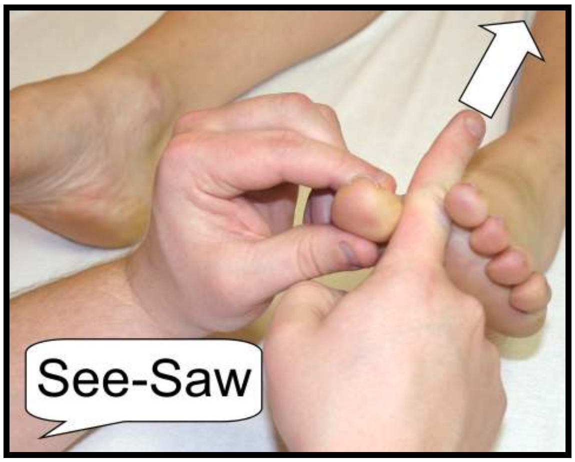

Zones of the Body
*The Zones are the same on each side
1
2
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4
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1
2
3
4
5
1
2
3
4
5
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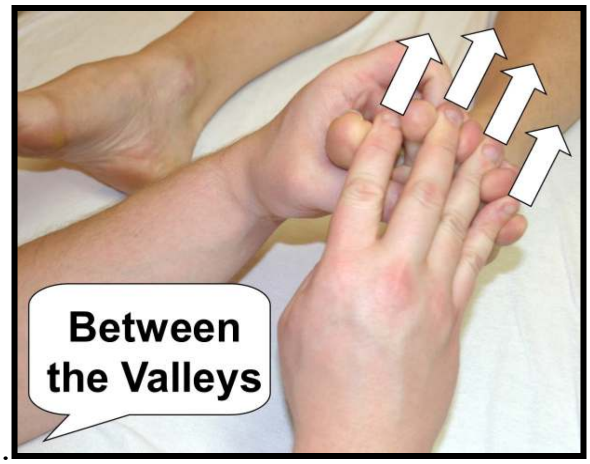
*GLIDING TECHNIQUES





*Start with your hands on their anterior and posterior lower leg and then slowly pull your hands towards their toes.

1.


2.


1. Use one finger and slide in between each toes.

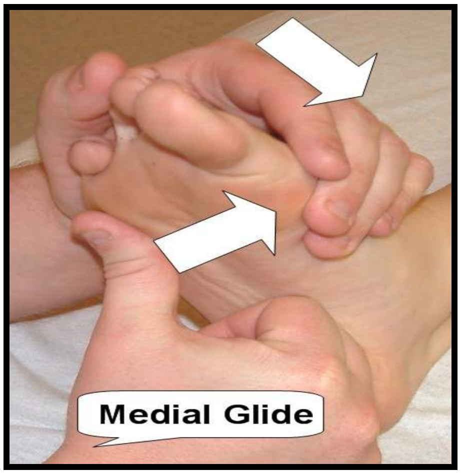
2. Use your fingers to go in between their toes.

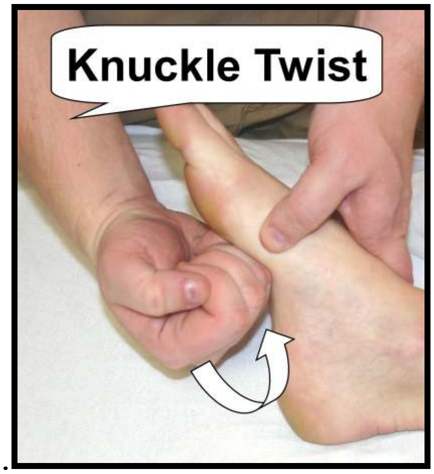
1.


2.

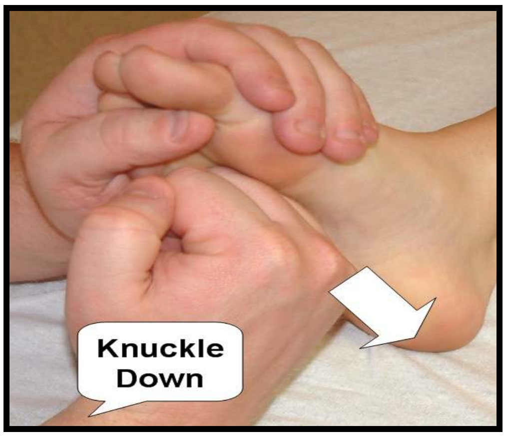

1. Hold foot and slowly slide off each toe

2. Slide off each toe in a back-and-forth motion.

1. 

2. 

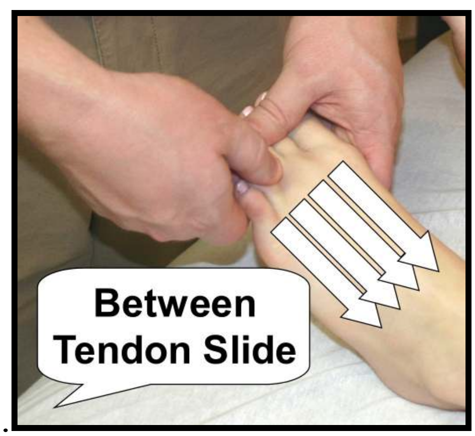
1. Perform eversion on the foot and then slide medially (can be performed the other way).
2. Twist your knuckle in different directions.

1. 

2. 

1. Compress the top of the foot and then slide down towards their heel with your knuckles.
2. Compress the top of the foot and then slide towards their toes with your knuckles.

1. 

2. 

1. Extend the toes while you slide your knuckles towards their heel.
2. Slide your thumb in between their tendons on the top of their foot.

1. 

2. 

1. Glide in different directions (also, try the inside of the foot).
2. Compress the top of the foot and slide your forearm under their bottom side of their foot.

***<u>YOU CAN PERFORM A LOT OF OTHER GLIDING TECHNIQUES THAT YOU PERFORM ON OTHER PARTS OF THE BODY</u>**

*COMPRESSION TECHNIQUES

1. 

2. 

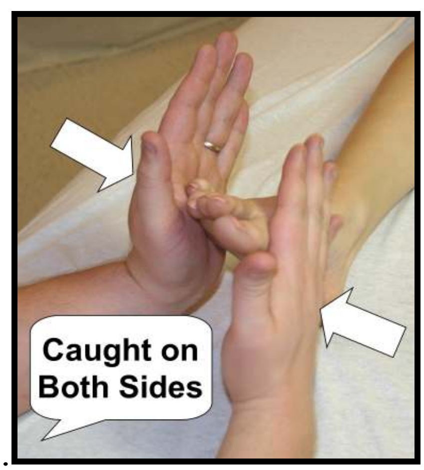
1. Perform Inversion on both Feet and Compress their soles together.
2. Squeeze the arch of both their feet at the same time.

1. 

2. 

1. Interlock your fingers and compress their lateral/medial sides of their foot.
2. Interlock your fingers together and compress their heel.

1. 

2. 

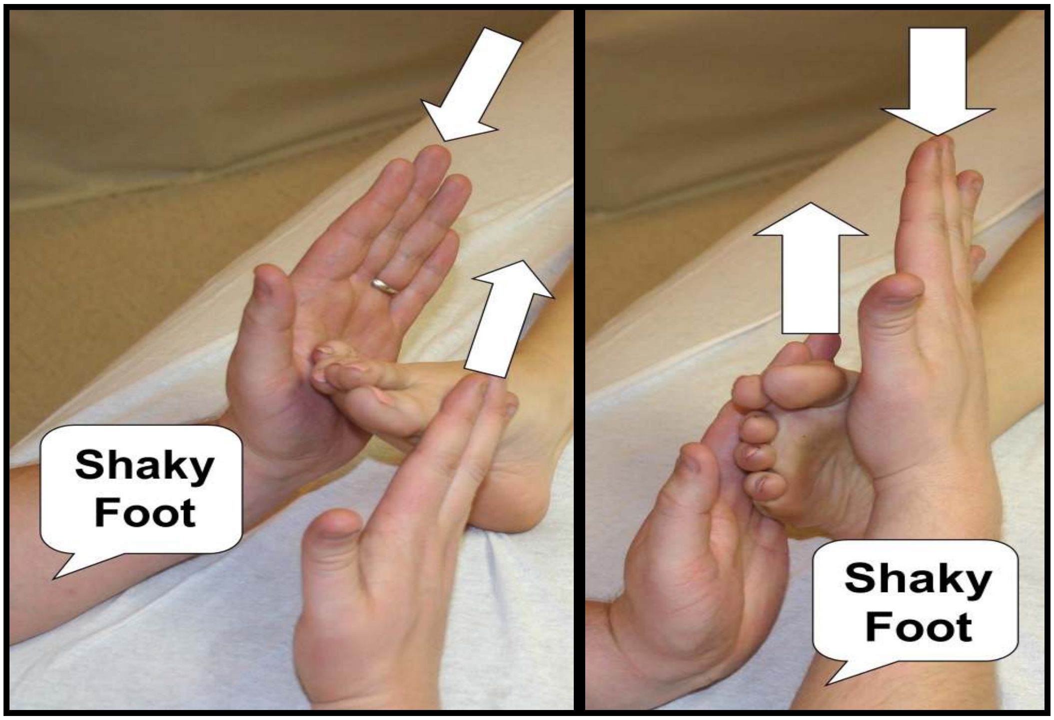
1. Squeeze the top and heel of their foot together.
2. Compress their lateral/medial sides of their foot.

1. 

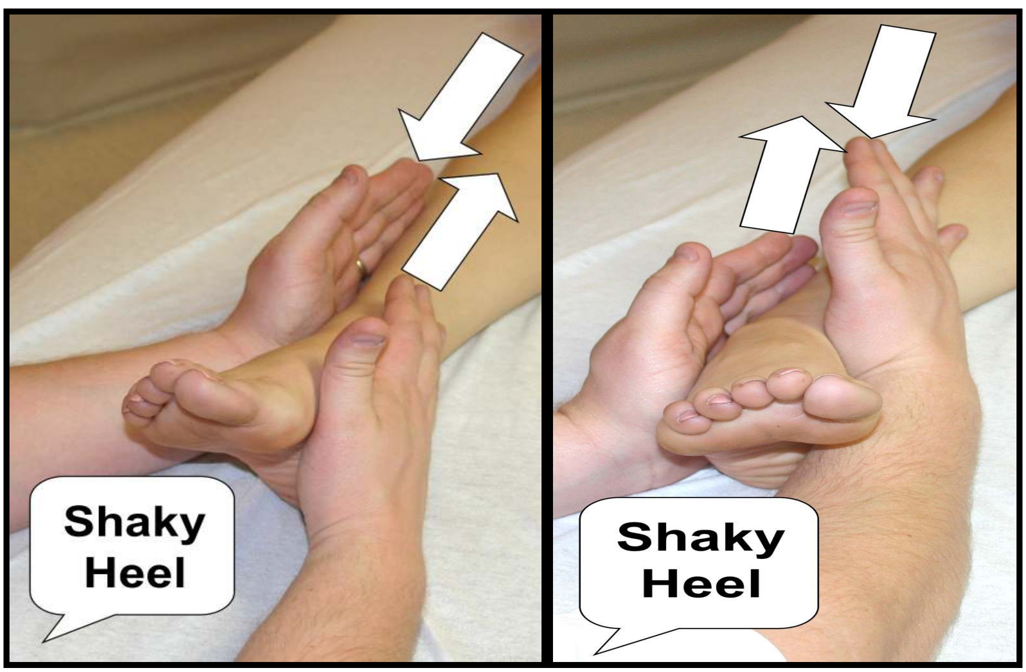
2. 

1. Push your top hand over your forearm.
2. You can compress and hold any tender area on the foot.

*MOVEMENT TECHNIQUES



*Move your hands back-and-forth in a fast motion (keep contact the whole time).

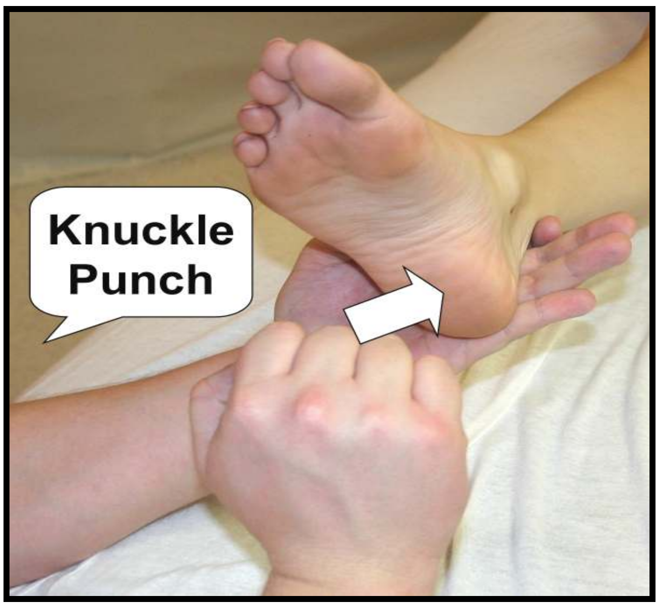


*Move your hands back-and-forth in a fast motion (keep contact the whole time).





*Slap the foot from side to side (fast).

1.


2.


1. Hit the bottom of their heel with your knuckles.
2. Place your forearm under their achillis tendon and rock their foot back-and-forth.

*STRETCHING TECHNIQUES

1. 

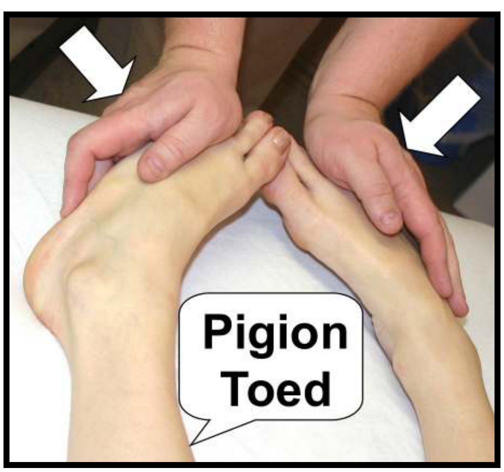
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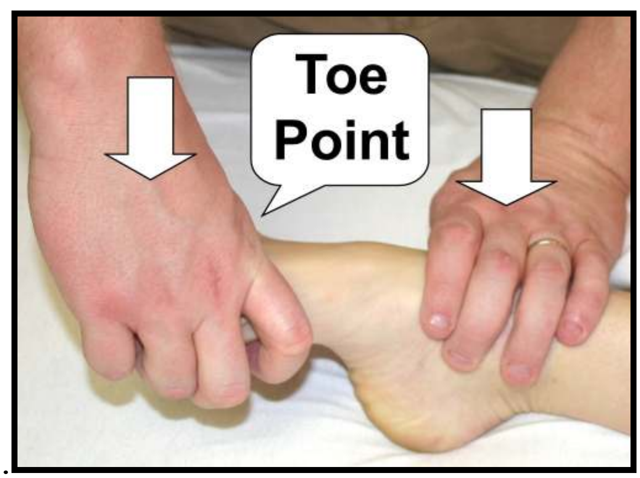
1. Extend one toe and flex the other one, then hold.
2. Abduct two toes at a time and then hold.

1. 

2. 

1. Place one foot over the other and then compress.
2. Laterally rotate the feet and compress.

1. 

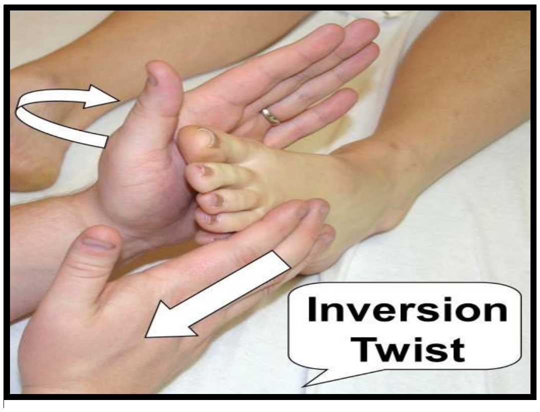
2. 

1. Rotate both ankles medially and then compress them down to the table.
2. Hold their ankle and then perform plantar flexion and hold.

1. 

2. 

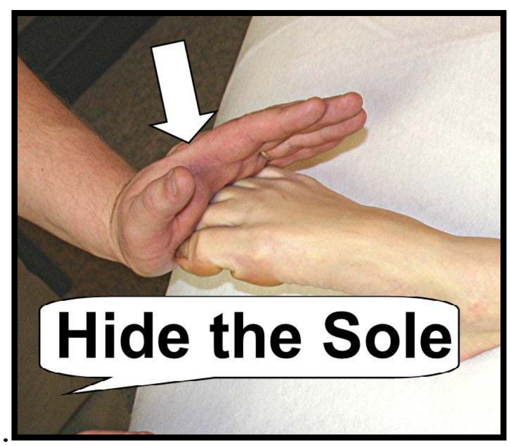
1. Compress the shin region first and then cup their heel and then use your forearm for perform Dorsi Flexion.
2. Compress their foot with both of your hands and then twist in different directions.

1. 

2. 

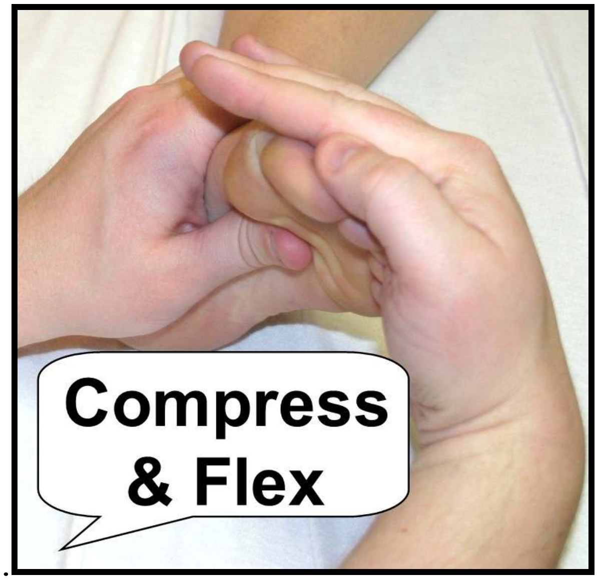
1. Perform inversion of the foot and then compress.
2. Perform eversion of the foot and then hold.

1. 

2. 

1. Compress their sole of their foot and then extend the toes and hold.
2. Compress the plantar side of their foot and then flex their toes and hold.

1. 

2. 

1. Compress an area on the plantar side of the foot and then extend all the toes.
2. Compress an area on the plantar side of the foot and then flex all the toes.

1. 

2. 

1. Hold their heel and compress their toes.
2. Place your forearm under their ankle and pull the dorsal side of their foot to the table.

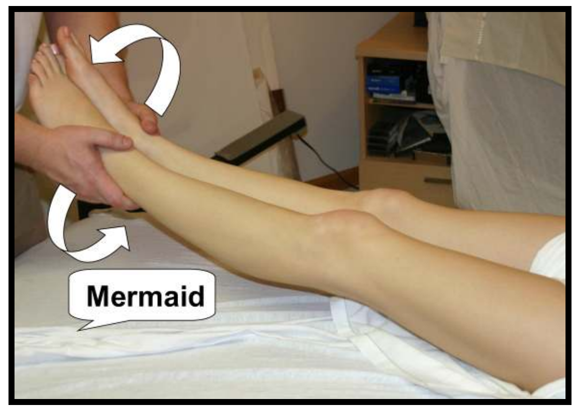
*TRACTION TECHNIQUES

1. 

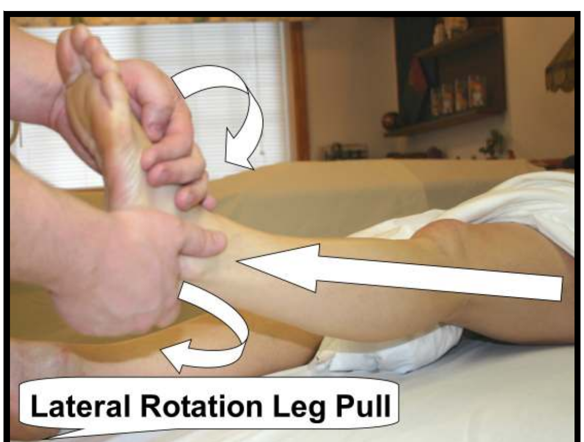
2. 

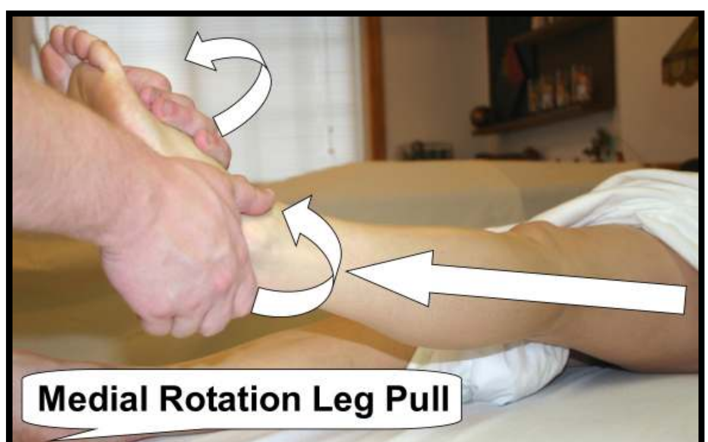
1. Hold onto each toe and traction (don't slide off).
2. Traction and twist each toe.

1. 

2. 

1. Hold onto their heel and Dorsal side of their foot, then traction.
2. Traction both legs and move around in circles or a figure 8.

1. 

2. 

1. Have a hand on their top of their foot and another one under their heel, then traction and laterally rotate.
2. Have a hand on their top of their foot and another one under their heel, then traction and medially rotate.

*THE SWITCH OVER

THE SWITCH OVER



1.



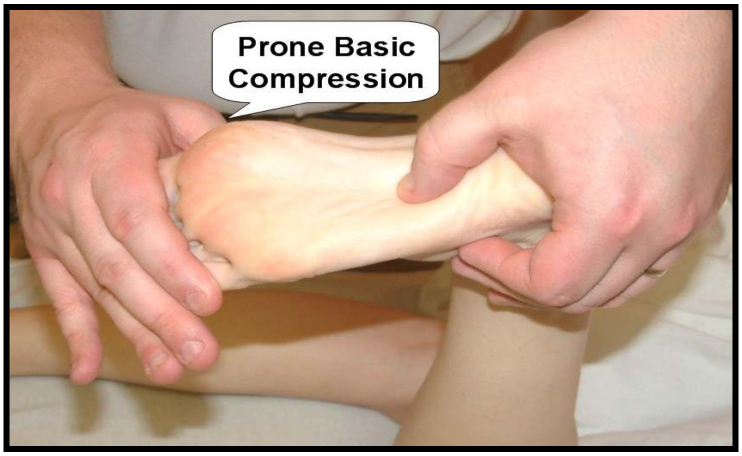
2.

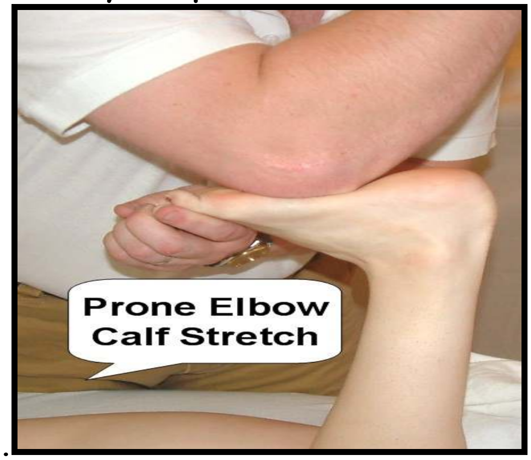


3.

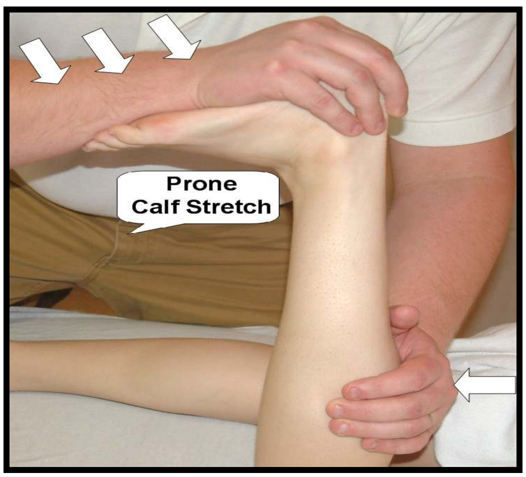
*PRONE REFLEXOLOGY

*About any reflexology techniques can be performed when they are prone; here are a few…

1. 

2. 

1. Dorsal Flex the foot and palpate tender area on the foot and hold any tender areas until it dissipates.
2. Dorsal Flex the foot and compress your elbow in their arch of their foot.

1. 

2. 

1. Cup their heel and perform dorsal flexion of the foot with your forearm.
2. Dorsal flex the foot and extend the toes.



*Interlock your fingers and compress their heel